

# Unitarian Universalist Society: East

Member of the New England Region of the  
Unitarian Universalist Association



**Unitarian Universalist Society: East** is a welcoming, open-minded, spiritual community seeking truth and meaning in its many forms. We share responsibility for building a more equitable, peaceful, and sustainable world.

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Find us on Facebook at [/UUSEast](#).



## Sunday Services Schedule

August Ministry Theme: none

In August, we hold one Sunday service at 10:00 AM, which we simultaneously broadcast on Zoom. As always, our Zoom login and call-in information will be shared through the congregational eblasts on Wednesdays and Saturdays. To subscribe to the congregational eblast, please send a message to [uuseoffice@uuse.org](mailto:uuseoffice@uuse.org) or contact Annie Gentile in the UUS:E office to arrange another method of receiving relevant information

Also: we are, slowly but surely, loosening our COVID restrictions. We currently have no attendance limit for any events at UUS:E. While masks are still mandated for indoor gatherings at UUS:E, we currently intend to move to a "masks optional" protocol when new, daily covid cases per 100,000 CT residents reaches 10.

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### August 7: "The Spiritual Art of Imperfection."

A look at a failed Utopian community reveals the traps of perfectionism, while contemporary research guides us to accept our own inherent worth and dignity. Sheila Foran and Beth Hankins offer a review of obscure transcendentalist history and the implications for our lives today. .

**Coordinators:** Sheila Foran and Beth Hankins

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### August 14: "Inspirations that Time Forgot: Eliza Cabot Follen and Lydia Francis Child."

Recent news got you down? Tired of the phrase, "unprecedented times?" Unsure if we can make positive change? In this service, we'll meet two Unitarian women who used their privilege and talents to influence social justice movements during trying times in the 19<sup>th</sup> century.

**Coordinator:** Stacey Musulin

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### August 21: "From Broken to Beautiful."

Life is like a mosaic: we all come into this world as perfect, luminous sheets of glass, only to be broken to pieces by life experiences. Inevitably, those pieces are glued together through the years to create the beautiful work of art that is you. Some don't measure up to society's standards of beauty on the outside but possess gloriously beautiful spirits of unique, colorful patterns.

**Coordinators:** Sandy Karosi and Vivian Carlson

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### August 28: "Coffee House Worship."

All congregational, outdoor service. This morning, weather-permitting, we re-introduce coffee into our Sunday morning experience, with an outdoor,

coffee-house style worship. Interested in performing a song, poem, karate routine, drum solo? Contact Rev. Josh at [minister@uuse.org](mailto:minister@uuse.org) or 860-652-8961. Kids welcome!

**Coordinator:** Rev. Josh Pawelek

## Community Outreach Ministry

Charitable Giving for August 2022

As always, thank you for your generosity.

"We do not gather our gifts only for ourselves, but to share with the larger community."

Continuing our practice of sharing our gifts with the community beyond our walls, fifty percent of our Sunday plate collections for the month of August will be split among MACC Food Pantry, Hockanum Valley Food Pantry, CT Mutual Aid East of River Food Pantry.

Please contact Louisa Graver at [lgraver163@gmail.com](mailto:lgraver163@gmail.com), David Lacoss, or Nancy Madar at [nancymadar@hotmail.com](mailto:nancymadar@hotmail.com).

Checks made out to UUS:E will be treated as follows. If the memo line:

- ✓ is blank or "pledge" is written, all will go toward your pledge.
- ✓ has "COM" or the name of the charity is on the memo line, all will go to the charity.
- ✓ has "1/2 pledge, 1/2 COM," it will be divided equally.

## Stop & Shop Cards

Stop & Shop cards can still be purchased despite the pandemic. Anyone who is interested in buying a card can contact Annie, our office administrator. Cards come in \$50, \$100 and \$250 amounts. The money raised from this effort goes into the general fund. And they make great holiday gifts! If you need any help with this or more information, contact Sandy Johnson at 860-888-9673.

## The President's Column

Dear UUS:E Members and Friends,  
Peg Darrah of the Policy Board and Pastoral Friends committee is submitting the President's column this month. Thank you Peg!  
Peggy Webbe, President

The Pastoral Friends Committee has a rotating chair. Recently, I had the privilege of being the chair of that group. And it made me reflect on the benefits to be found in giving.

I am reminded of an incident at the church I attended in New Hampshire before I came to Connecticut. I was asked to coordinate the reception after a funeral. The minister mentioned to me that one of the parishioners wanted to help. I knew that this woman was gravely ill herself. My first reaction was to not bother her or ask for her help in any way. The minister was a very wise man (as ministers often are!) and he said to me, "the kindest thing you can do for a person is to let them help." She made a casserole and her husband delivered it because she was too sick to attend. At her funeral- less that a month later – her husband approached me to let me know how happy she had been to feel that she still could contribute.

"We are rich only through what we give, and poor only through what we refuse." This is a quote from Ralph Waldo Emerson, reflecting on this process of giving and receiving that many have difficulty accepting. It is really hard to ask for help. I consider myself to be a reasonably intelligent, mature adult and as I approach "older age" I am slowly realizing that there are some things that I can no longer do. I can't climb ladders or chase after children. It's so hard – I don't like the feeling that I can't handle everything, but I am beginning to understand that that's OK. I can ask for help. The Pastoral Friends Committee is here to help – it might be someone to talk to, a ride or a home-cooked meal.

The real benefit of giving is not to the receiver, but to the giver. So, my thanks to those who ask for help. You make my life better, richer and happier. A final quote: from Kubler-Ross's 1969 book, *Death and Dying*: "Your need is much greater when you stop being able to give."

Peg Darrah

## Wait. What? It's a happening!!!

We've morphed from a "picnic" to a "happening." Following the "Coffee House Worship" on August 28 (check out Rev. Josh's announcement under Upcoming Services for details) we will be having more refreshments, games, and additional activities for the entire family. And since the service will be outdoors, the "morphing" will be seamless. We'll be out and about with food, music, fun, and games so plan on joining us on August 28. For questions, [membership@uuse.org](mailto:membership@uuse.org).

## Religious Education Summer Schedule

- July 31: Lego Mania w/Paula
- August 7: No program
- August 14: Disney-Pixar Shorts w/Paula
- August 21: Giant Bubbles & Playground games w/Desirée
- August 28: All Congregation Service

## Intro to UU

Would you like to know more about Unitarian Universalism and Unitarian Universalist Society: East?  
Please attend the Intro to UU

### Save the Date

(Registration will open in September)  
Sunday, October 2, 2022, 1:00 to 4:00 PM

Location – UUS:E

(Zoom option available)

Rev. Josh Pawelek and the Membership Committee invite you to an informative seminar where you will learn more about the UU and UUS:E

Questions?

Please contact Sylvia Ounpoo or Sheila Foran at [membership@uuse.org](mailto:membership@uuse.org).

## Green Sanctuary News

**Kat's Corner** is now open! The Sustainable Living Committee has resumed the sale of Fair Trade coffee, tea, and chocolate after Sunday service. Stop by our table on the second Sunday of the month to purchase products and learn more about sustainable living and what you can do to combat climate change.

**What else can you do?** While the climate crisis may seem overwhelming, know that your individual actions have the potential to influence others and shift the collective consciousness toward caring for our planet. Here are just a few that we recommend. You can also get notifications of daily actions you can take by downloading the app from <https://climateactionnow.com/>.

1. Take action on climate legislation with CT Citizens' Climate Lobby
2. Schedule a home energy audit with Energize CT
3. Shut off lights and switch to LED lightbulbs
4. Unplug electronics at night
5. Lower your thermostat in winter, raise it in summer
6. Take shorter showers and lower water heater temperature
7. Limit transportation (carpool, bus, train, bike, walk instead)
8. Reuse, repair, and repurpose before recycling or replacing
9. Limit plastic & disposables (use cloth bags, stainless steel water bottles, zero waste)
10. Barter goods and services (UUS:E Library of Things)
11. Make conscious food choices (vegan, local, organic, homegrown)
12. Compost kitchen waste & garden organically (no yard? Try Blue Earth Travel)
13. Shop Freecycle, Craigslist, Buy Nothing, thrift stores
14. Switch to natural cleaning products and toiletries
15. Switch to solar power
16. Replace oil & gas appliances (& vehicles) with electric

## Ladies at Lunch

Our August lunch will be Friday, August 12, outside under the tent at The Charles in Wethersfield, 161 Main Street. Refer to this site to find the best places to park: <https://www.thecharlesct.com/parking>. We will meet at 12:00. Please join us if you can! Let Sharon Huber know by Thursday the 11<sup>th</sup> evening if you plan to be there ~ [Sayhuber@yahoo.com](mailto:Sayhuber@yahoo.com) or 860-543-9444..

## Medication Vials for Haiti

We are resuming the collection of medication vials for Haiti. It has been a very successful ministry and we have sent over 3,000 vials already. There will be a receptacle in the corner by the coat room at UUS:E where you can place your empty vials. Thank you for taking this on as part of your personal ministry.

## Thank You

On April 28 I fell and fractured my left hip. From that day through the present my journey has involved my attempt to restore my health, supported by this caring community in every way possible. From all those yellow and pink and blue envelopes containing get well cards to the daily presence of my caring circle, your love and commitment has made this journey doable. Thank you from the bottom of my heart.

Jean A Labutis

## Member Spotlight Participants

The Membership Committee invites you to participate in our getting-to-know-you spotlights of members, a periodic series that is published in our monthly UUS:E newsletter. Similar to "new member profiles," these spotlights help us learn more about each other—what's important to you, why you come to UUS:E, what your hopes are for the future, etc. If you want to participate in an interview, please contact Gail Crook at [e.gail.crook@gmail.com](mailto:e.gail.crook@gmail.com)

## New Members!



### Betty Reece and her son Wolfgang

Betty Reece found UUS:E by typing "openminded church near me" into an internet search bar. While exploring uuse.org, she discovered what appeared to be a spiritual community that seemed so in line with her own personal values and beliefs that she wondered if it could be too good to be true! Betty was raised by a protestant mother and an avidly atheist father. While she loved the community and spiritual home the Presbyterian church offered, she found some of the dogma she was taught to be confusing. At the age of 13, she left the church due to irreconcilable differences and never looked back. Fast forward 20+ action packed, spiritually bankrupt years, and Betty had begun to find solace and direction in a 12-step program. Looking for answers now not only for herself but also for her young son, Betty began to rely on a power greater than herself to navigate the difficult circumstances of her life. After several years of soul searching and healing, she has developed a rich, daily spiritual life that includes prayer and meditation. She is drawn to pantheism, paganism, and Buddhism and is committed to an openminded spiritual journey for both herself and her son.

Betty is a single mom. Her son, Wolfgang, is now 6 years old. She is divorced, and Wolfgang's father has extremely limited contact with his son, but Betty and Wolfgang have had the support of some caring friends, family, and fellow people in recovery. Betty has a bachelor's degree in Anthropology from the University of Pennsylvania and a master's degree in public administration from Kent State University. She works for 3 small to medium-sized nonprofit organizations managing databases and handling social media and fundraising. The Reece family currently resides in a

little old cottage in Ellington, but have deep ties to Philadelphia, where Betty lived for most of her adult life. Betty and Wolfgang spend as much time as they can camping at their seasonal campsite in Monson, MA. Betty is grateful to have found UUS:E and is looking forward to developing a deep and lasting relationship with the UUS:E community.



### Julia and Andy Caruk

Julia and Andy met in the trumpet section of the band at Bulkeley High School in Hartford. What started as a rivalry turned into a romance as they got to know each other. They attended UConn together, earning their bachelor's degrees in music performance. They attended separate schools for their master's: Julia at University of Michigan, and Andy at University of Victoria in British Columbia, Canada. After finishing school, they were married in a Unitarian church in Julia's parents' hometown of Chelmsford, MA. With Andy being raised Catholic and Julia Jewish, no other church or synagogue would marry them. After getting married, they both joined the US Air Force Band of the West in San Antonio, Texas where they performed all around the Southwest. Their son Jacob was born in San Antonio, but after finishing their enlistment, they left the military and moved back to CT to be closer to family. Shortly thereafter, they welcomed their daughter Jasmine and found their way into their long-term careers: Andy as a Waterbury public school music teacher and Julia as a database programmer at The Hartford. Meanwhile, they continued performing and teaching on trumpet. They also enjoy the company of several rescue pets. Julia always loved animals, and what started as rescue work turned into advocacy, vegetarianism and veganism. Their journey to UUS:E started through Roland Chirico. He knew they were both passionate about social justice and progressive principles but did not really have a community around those values. UUS:E felt like that perfect community, and they are excited to be here!

## Books, Classes, and Discussions

Adult Religious Education



### Book Lovers

The Book Lovers continue to meet via Zoom every second Tuesday from 3:30 to 5:00. You are welcome even if you haven't finished the book. The link is sent out each month with the meeting reminder, usually the weekend before that Tuesday by [Carolyn Gimbrone](#). Here are the books, with number of pages, for the next several months.

Goodreads descriptions:

[https://www.goodreads.com/review/list/130686405-paul-cocuzzo?ref=nav\\_mybooks&shelf=uuse-book-lovers](https://www.goodreads.com/review/list/130686405-paul-cocuzzo?ref=nav_mybooks&shelf=uuse-book-lovers)

- August 9, **Still Life**, Louise Penny, 312 pages
- September 13, **Before We Were Yours**, Lisa Wingate, 352 pages
- October 11, **Klara and the Sun**, Kazuo Ishiguro, 320 pages

### Buddhist Group

The Buddhist Group meets via Zoom at 7 PM on the first Tuesday of each month, for meditation and discussion. All are welcome, no meditation experience necessary. Contact Nancy Thompson at [nancythompson123@yahoo.com](mailto:nancythompson123@yahoo.com) for the Zoom info.



### Yoga at the Meetinghouse!

All welcome to these gentle-to-moderate yoga classes in the UUS:E Meetinghouse, Wednesdays at 10:00 AM with Susan Barlow. \$5 drop-in fee. Bring a yoga mat or towel and wear comfortable clothes. All welcome, including beginners! Bring a friend or neighbor; you do not have to be a UUS:E member to come to the classes. Yoga provides an opportunity to quiet the mind as well as strengthen and relax the body. Direct questions to: Susan at [SBarlow627@aol.com](mailto:SBarlow627@aol.com). Yoga is one of the UUS:E adult education offerings.

### "God Talk"

A discussion group for UU theists

This ongoing group explores how UUs can name and experience God in meaningful, useful ways. All are welcome. Contact Rev. Josh at [mininster@uuse.org](mailto:mininster@uuse.org) for the Zoom link.

We meet on 4<sup>th</sup> Tuesdays at 4:30 PM.

### Humanist Group

This ongoing group explores Religious Humanism and its applications to life, both historically and today. All welcome. Contact Rev. Josh at [mininster@uuse.org](mailto:mininster@uuse.org) for the Zoom link.

We meet on 3<sup>rd</sup> Tuesdays at 4:30 PM.

### Science and Religion Discussion Group

Fourth Thursdays at 4:30 PM in the Sanctuary

August topic/book: **Under Your Feet – Panpsychism**

How does science inform our beliefs? Where do science and religion meet? Where are they in opposition? Members of this ongoing group will select and discuss readings covering myriad topics such as evolutionary biology, artificial intelligence, climate change, the brain, genetics...and the way we look at the Big Questions. Contact Linda Duncan with any questions.

Upcoming topics...

Sep: Misogyny and the Roots of Chauvinism – Religion

Oct: Quantum Mechanics

N/D: Creating God



### Community Drum Circle

First and Third Mondays  
in the Sanctuary  
(depending on COVID restrictions)  
7:00 – 8:30 PM

Open to all levels of ability and experience. Facilitator Mary Ertel provides djembe drums and other hand instruments, and you may bring your own.

Contact Paul Cocuzzo at [pcocuzzo@gmail.com](mailto:pcocuzzo@gmail.com) or 978-270-2056 with questions or to reserve a drum. Or even better, check out our [Meetup](#).

**UUS:E GENERAL INFORMATION**

**UUS:E Office Schedule:** Monday – Friday, 8:00 AM to 4:00 PM

**Meetinghouse Office:** 860-646-5151

**Office Administrator:** Annie Gentile email: [uuseoffice@uuse.org](mailto:uuseoffice@uuse.org)

**Minister:** Rev. Joshua Pawelek 860-652-8961, [minister@uuse.org](mailto:minister@uuse.org)

**OFFICE HOURS:** Tuesday 10 AM to 7 PM and Thursday 10 AM to 4 PM

**President:** Peggy Webbe, 860-871-8035, [peggywebbe@gmail.com](mailto:peggywebbe@gmail.com)

**Director of Religious Education:**

Gina Campellone, 860-268-4636, [redirector@uuse.org](mailto:redirector@uuse.org)

**Newsletter Editor:** Paul Cocuzzo, 978-270-2056, [newsletter@uuse.org](mailto:newsletter@uuse.org)

**Website Coordinator:** Carol Marion 860-643-8765, [uuse.web@uuse.org](mailto:uuse.web@uuse.org)

**World Wide Web address:** <http://uuse.org>

Newsletter Deadline:  
The 20<sup>th</sup> of Each Month

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